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ABSTRACT

In response to a federal mandate stating that a drug program must be in place at institutions receiving federal funds, several representatives from Mission College attended a privately sponsored 2-day substance abuse workshop in which the Student Assistance Program (SAP) model was presented. The SAP model provides confidential, professional, and voluntary assistance and support to students regarding alcohol- and drug-related personal problems that are adversely affecting their academic performance. Workshop attendees decided to form a larger Core Committee which would receive more extensive training in order to implement a viable program at the college. A consortium was formed with neighboring colleges to cover the costs of an intensive 4-day substance abuse training workshop. Workshop participants were introduced to the PLISSIT (P=Permission, LI=Little Information, SS=Some Suggestions, IT=Intensive Therapy) Model, a method for one-on-one student counseling. One of the first committee activities was the development of a student questionnaire on alcohol and drug use. To gain more expertise and guidance for the committee, a member of the district police department, and a counselor from the Santa Clara County (California) Drug Abuse Bureau were invited to join the group. A presentation on SAP was given to all faculty members, special activities were conducted during Alcohol Awareness week, and an Alcohol and Drug Awareness Event was held in October, 1988. Programs and flyers from SAP activities, a SAP brochure and fact sheet, program evaluation forms, and student and faculty handbooks are appended. (JMC)

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CALIFORNIA ASSOCIATION OF COMMUNITY COLLEGES

"STUDENT ASSISTANCE PROGRAM"

by

Rosalyn Chan, RN, PHN, MS
Mary Moore, RN, MS

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JC900457

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I. BACKGROUND/DESCRIPTION OF MISSION COLLEGE

Mission College is a two year community college, located in the "heart of Silicon Valley". We have an enrollment of over 11,500 students. The college serves a population that is more than 60% evening, 45% ethnic minority and 20% immigrant. Mission's athletic program has three sports. We emphasize the holistic approach in the education of our students at Mission.

II. RATIONALE - WHY DID WE GET INVOLVED?

During the Fall, 1987, a federal mandate was in effect, which stated that a "drug program" must be in place at institutions which receive federal monies, such as financial aid. In the Fall, several of us attended a two day substance abuse workshop led by Heitzinger and Associates. Although the workshop was focused on drug use and the athlete, we were impressed by the Student Assistance Program Model Heitzinger described.

What is a Student Assistance Program or SAP? A Student Assistance Program provides confidential, professional, and voluntary assistance and support to students regarding alcohol and drug related personal problems that are adversely affecting their academic performance. Recognition is given to related issues such as emotional problems, family difficulties, health/physical problems, financial and legal problems and eating disorders.

It was apparent that our limited attendance at this workshop would not produce great results back at the college unless more faculty members got involved. Thus, we did what was recommended to us by Heitzinger; we had a group of "key" employees attend a substance abuse training workshop in order to create a core committee that would develop a viable program. In order to acquire the intensive, four-day training, but at the lowest possible cost, a consortium with neighboring colleges was created (West Valley, DeAnza, Foothill Colleges).

To start, the coordinators of the Student Health Centers at Mission and DeAnza colleges met with the administrative deans of Foothill and West Valley colleges. Together, we discussed what we wanted to learn from the workshop, the financial arrangements, how many employees from each campus should attend, and where the training would be held.

Back at Mission, a steering committee, consisting of two assistant deans and the Student Health Center coordinator, was created to develop the selection process of potential trainees. Deliberate attention was given to the wording of the invitational memo. In it, we included a statement regarding a commitment to assist students in areas of drug abuse after the faculty or staff member received training. We also asked the participant to indicate why he had an interest to receive training.

Since only 10 individuals could attend the training workshop, the invitation memo was sent to select groups of faculty and staff members to assure a broad representation of disciplines. Each response was reviewed by the steering committee. Together we decided who could attend.

We had representatives from Nursing, Psychiatric Technician, Marriage & Family, EOPS, Counseling, and the Student Health Center. Since the workshop dates fell during instructional days, Student Services paid for needed substitutes as well as the training, which was $1,500.00 per college. In some instances the Instructional Programs were supportive enough that their budgets paid for substitute help. Substitute cost was about $2,000.00.

III. FORMATION OF THE STUDENT ASSISTANCE PROGRAM

At the workshop, we learned about substance abuse problems. The Student Assistant Program model was explained: Referrals may come from the individual with a substance abuse concern, or from an individual, e.g. an instructor who is concerned about possible substance abuse by another individual. Assessment/consultation should not exceed three meetings.

As members of the Core Committee, we were expected to have some training, but not enough to serve as drug counselors. At our workshop, the PLISSIT* MODEL was identified as a method as we meet with students one-on-one. *PLISSIT stands for P-Permission, LI-Little Information, SS-Some Suggestions, IT-Intense Therapy.

The actual formation of the Student Assistance Program started during the last hour and a half of the workshop. We were asked to come together as a college group or the newly formed core committee. We listed our goals and objectives and established a mutual meeting time. As was planned from the beginning, administrators from each of the colleges were invited to attend the last hour of the workshop to listen to our objectives. While not all the administrators were able to come, the Mission College Student Services Dean did come. Her remarks were very supportive and strengthened our plan to forge ahead.

For the remainder of the Spring Semester that year, 1988, our meeting times were spent on planning for the start of the program in the Fall, 1988. We struggled with issues of commitment and focus. There were a few individuals who expressed concerns about the amount of time they would have to devote to the program. Some felt that without release time, they couldn't contribute any extra effort. However, the majority of members felt that our purpose in coming together and putting a program together was ultimately to benefit the students.

To lead the charge, the Student Health Center coordinator took the initiative and used whatever resources she had at her disposal through the Student Health Center. Because the group did not want to meet more than once a month and then only for an hour our time together was limited. In order to maximize the use of our time, much of the "foot work" was done by the Health Center staff. "Drafts" would be presented to the committee for discussion, change and/or approval. As with any new group, there were some challenges with getting the group organized and motivated.

As the process developed, more and more responsibilities were given to the group members. A few members actually felt skeptical about the development of a program. One said, "This is a tremedous risk we are taking. We're either going to be successful or laughed at by others on campus."

One of the first committee activities was the development of an Alcohol and Drug Questionnaire. The questionnaire provided a baseline of information on our students' drug usage. This was not meant to be a scientifically designed study, nor are we drawing any conclusions from it. One interesting statistic was that approximately 12% of the 279 students who completed the questionnaire indicated they would drink until they got drunk/blasted/passed out. This figure correlates to the Heitzinger model of troubled individuals comprising 8-10% of a general student population.

The recommendation was given to divide the members into three main groupings: (1) education, (2) referral, and (3) publicity/network. For a variety of reasons, that has been less than successful and in the end, individuals still performed in overlapping ways.

To gain more expertise and guidance for the committee, several individuals were invited to join the group. This included a member of the District Police Department, a counselor from the Santa Clara County Drug Abuse Bureau, and several other faculty members who were not yet trained, but a promise of training was given to them in the near future.

Many of the meetings were spent agreeing on a philosophy and adopting a brochure for students and employees. We also developed the concept for an advertisement poster and one page flyer. The illustration used on the poster and brochure was drawn by a Mission College advertising and design student and later adopted as our logo.

In order to start the publicity on the forthcoming program, members were encouraged to talk up the SAP at any group function or meeting they attended. The SAP was formally presented at the Student Services Annual Retreat during June.

We also gave a presentation to all faculty on the SAP during Fall Semester Development Day. Our workshop's focus was to explain the SAP and a little bit of the problem of drug use in general. Attendance was good.

At our June, 1988 meeting, information was received from the National Collegiate Alcohol Awareness Week headquarters. We were encouraged to participate in prevention activities during October. The SAP agreed to sponsor the event as it would increase visibility of the program.

Much of the planning and organization for Alcohol and Drug Awareness Week was done during the summer. By the first meeting in September, we revealed what the week's activities looked like and the group felt pleased to support it. At that point members were asked to volunteer for tasks. Several of the instructional faculty members volunteered to have guest speakers in their classes or gave drug related lectures themselves. Several local businesses financially supported the event. Some of the activities included Open House, Fun Run and community resources exhibitors. The event was very successful. As a matter of fact, the event was awarded national recognition by the sponsoring organization, National Association of Student Personnel Administrators.

IV. CURRENT SITUATION

We are continuing the program. Much more needs to be done. We have come up with our Statement of Philosophy.

We sponsored another Alcohol and Drug Awareness Event in October which was disrupted by the earthquake. Because this was our second year, and the event was successful last year, more committee members volunteered to organize certain aspects of the event.

We continue to seek opportunities to increase student/staff awareness of the Student Assistance Program in order to offer assistance to students to reach their potential.

MISSION COLLEGE

STUDENT ASSISTANCE PROGRAM

STUDENT HANDBOOK FOR

ALCOHOL and DRUG - RELATED PROBLEMS

PHILOSOPHY STATEMENT

The Student Assistance Program believes students are entitled to develop their fullest potential. To facilitate this process, the members of the group are trained to serve as advisors for referral to appropriate sources of assistance, maintaining confidentiality in their communications.

STUDENT ASSISTANCE PROGRAM PERSONNEL

The Student Assistance Program committee is comprised of a group of volunteer staff and faculty. The advisors receive special training and education to help in the identification, assessment, and referral of student problems. A listing of the advisors is included in the back of this handbook.

MISSION COLLEGE STUDENT ASSISTANCE PROGRAM

STUDENT ASSISTANCE PROGRAM

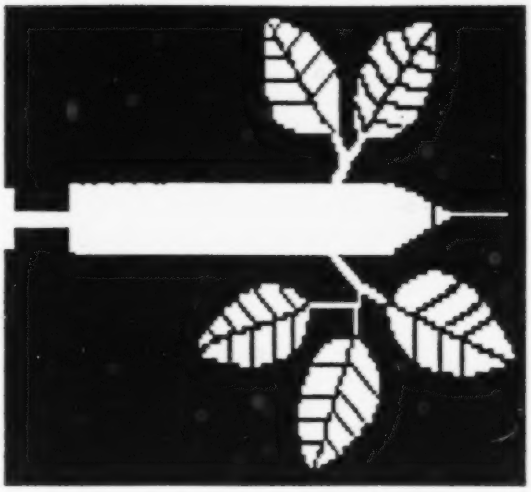
The Mission College Student Assistance Program provides confidential, professional, and voluntary assistance and support to students regarding personal problems that are adversely affecting their academic performance.

Assistance is given in particular to students with alcohol/drug problems. We recognize that related problems such as emotional problems, family difficulties, health/physical problems, financial and legal problems, and eating disorders may exist. Referrals will be made to appropriate community resources.

ACADEMIC PERFORMANCE INDICATORS

Indicators which may be used in the evaluation of a student's academic performance include:

- Personality/emotional status (eg. depressed, extremely irritable, hostile without reason, giddy)
- Social interaction/difficulty in intimate relationships (eg. isolation, difficulty making change in relationship)
- Motivation level (eg. losing interest, sleeping in class)
- Health status/physical appearance (eg. loss of appetite, respiratory problems, weight loss, tired)



MISSION-WEST VALLEY COMMUNITY COLLEGE ALCOHOL/DRUG POLICY

Student alcohol and drug usage and behaviors that require action include:

- The sale of illegal drugs
- Possession and/or observed use of illegal drugs
- Driving while intoxicated
- Abuse
- Under influence of drug

As representatives of Mission College, it is important for student personnel to be aware of California laws with regard to drunk driving and abuse. The Student Health Center has free pamphlets describing the California Drunk Driving laws. Please come to Room W1-303 or call 408/988-2200, ext. 1718.

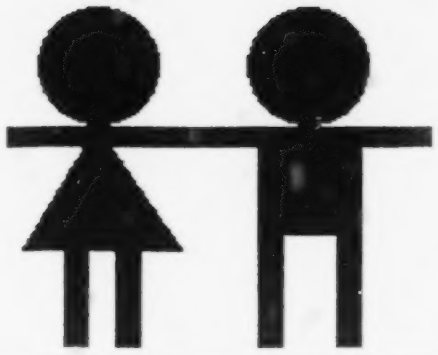
HOW THE STUDENT ASSISTANCE PROGRAM WORKS STUDENT PROCEDURES FOR SEEKING INFORMATION/ASSISTANCE

Contact a Student Assistance Program Advisor directly for assistance. A list of advisors is included in the back of this handbook. If you are not able to reach the advisor of your choice, call 988-2200, ext. 1718 or ext. 1779.

The advisor will discuss the situation with you and the referral source (if any) to assess and evaluate the problem.

The student and advisor will then outline a plan in regard to the problem. This plan may include a referral to the appropriate source of assistance such as: alcohol/drug treatment agencies, counseling centers, education and community programs and on-campus services.

The advisor and referral sources will provide any assistance and follow-up until completion of the recommended plan.



FAMILY AND PEER PROCEDURES FOR SEEKING INFORMATION/ASSISTANCE ON BEHALF OF A STUDENT

If a family member or student is concerned about problems that may be interfering with a student's academic performance, assistance may be sought on behalf of the student.

Discuss the situation with the student and suggest the Student Assistance Program.

or

Contact an advisor and allow him/her to confidentially contact the student.

Maintain contact with the student throughout the program process to offer support and encouragement.

TEL-MED

There are many tapes available to you through Tel-Med. To request a tape, simply tell the operator the number of the tape you wish to hear.

From Central and South Santa Clara County call: 408/298-7444
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(Continued. . .)

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x1718	x1743
Camille Bagood	Joyce McClellan
x1503	x1527
Peg Burroughs	Mary Moore
x1736	x1712
Don Cordero	Tab Morales
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Mary Fletcher	Dr. Joe Pinto
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Betty Grayson	Dr. Phil Sienna
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Administrators:
Dr. Erlinda Scroggins, Dean,
Student and Community Affairs

Dan Matarangas, Assistant Dean,
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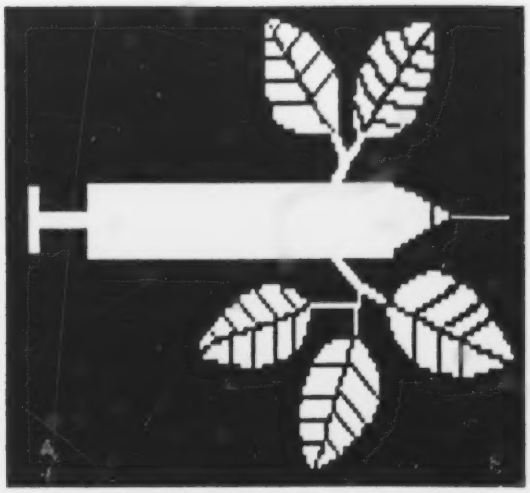

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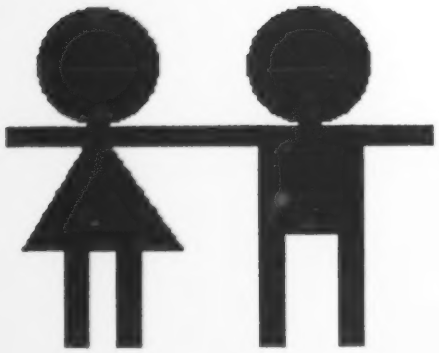

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Discuss the situation with the student and suggest the Student Assistance Program.

or

Contact an advisor and allow him/her to confidentially contact the student.

Maintain contact with the student throughout the program process to offer support and encouragement.

COLLEGE STAFF PROCEDURES FOR SEEKING INFORMATION/ASSISTANCE ON BEHALF OF A STUDENT

The student Assistance Program does not alter the college's disciplinary or control measures. It is an alternative source of assistance to help insure the successful academic development and well-being of students.

If concerned about a student's academic performance or inappropriate behavior, staff should carefully observe and document the situation and possible performance indicators.

Discuss the situation with the student if a problem is indicated. Review the observed and documented performance deterioration or inappropriate behavior. Explain the consequences if the situation does not improve and offer the help of the Student Assistance Program. Assist in contacting an advisor at the student's request.

or

Contact the advisor directly and present your observations and documentations. Then allow the adviser to confidentially contact the student.

Maintain contact with the student throughout the Student Assistance Program process to offer support and assistance.

STUDENT ASSISTANCE PROGRAM GUIDELINES

To insure the Student Assistance Program's student and protect student's rights, the following guidelines govern the program:

THE ACADEMIC STATUS OF THE STUDENT WILL NOT BE JEOPARDIZED BY THE STUDENT SEEKING ASSISTANCE.

The decision to use the program must be voluntary.

If the student rejects a suggestion to seek assistance, it is the student's responsibility to remedy the performance problem or face appropriate action.

The program will protect the privacy of the student by employing strict confidentiality measures. Any details of communication between students and advisors may not be disclosed to any source without the prior written consent of the student.

Unless the student consents otherwise, the person making a referral to a source of assistance at a student's request may disclose only the following information:

- the student's name. address, phone number
- how the student was referred to the Student Assistance Program
- the reason for the referral

Records are made of program referrals only with the written consent of the student. The student will not be denied assistance for refusing consent.

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ALL STUDENTS, EMPLOYEES AND COMMUNITY MEMBERS ARE INVITED!!

The KEYS to RESPONSIBLE DECISIONS

When it comes to alcohol and drug abuse - you hold the KEYS TO PREVENTION

Support the MISSION COLLEGE ALCOHOL and DRUG AWARENESS WEEK October 16 - 21, 1989

Monday
October 16th
Fun/Run/Walk/Kick-Off
Meet in Center Space at 12 noon
Run/Walk will be outside and end in front of the Student Health Center W1-303 by 1:15pm; no entry fee; prizes and refreshments

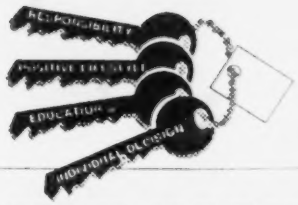
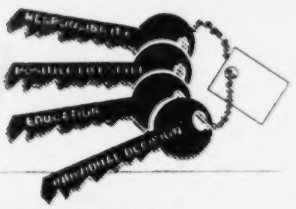
Wednesday
October 18th
12-1pm Room W1-101
Al-Anon/Adult Children of Alcoholics 12 Step meeting. Newcomers welcome.

Thursday
October 19th
6-7pm Room N1-101
Al-Anon/Adult Children of Alcoholics 12 Step meeting. Newcomers welcome.

Wednesday and Thursday
October 18th and 19th
Free Exhibits/Student Lounge (Center Space)
11am to 2pm and 5pm to 8pm
informational brochures, resource people

Library: **Resource materials, books, pamphlets related to alcohol and drug abuse will be on display.**

MISSION COLLEGE/3000 Mission College Blvd./Santa Clara, CA 95054-1897/408-988-2200 x1718

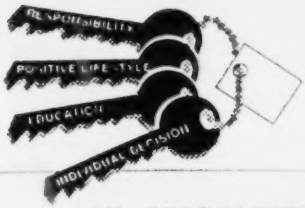
MISSION COLLEGE ALCOHOL AND DRUG AWARENESS WEEK

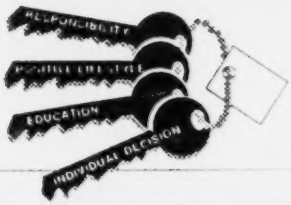
Sponsored by the **Student Health Center and the Student Assistance Program**

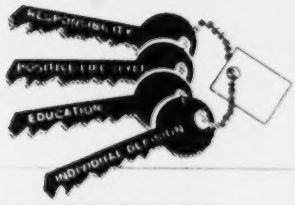
WORKSHOPS

GUEST SPEAKERS IN CLASSES - These programs are open to everyone

DAY/DATE	TIME	ROOM	GUEST SPEAKER
Monday, October 16 "Drugs of Abuse" with video "Smokeable Cocaine"	8am-10am 7pm-9pm	W2-203 Wilcox High Room 204 Pharmacology	Betty Grayson, RN, M.S. Mission College, Faculty, Nursing Member of Student Assistance Program
Tuesday, October 17 **Codependency and Adult Children of Dysfunctional Families**	9:30am-12pm	Sorenson Hall SE2-104	Judy Bluhm, RN, M.A. National Speaker and Founder of Pacific Seminars
Tuesday, October 17 **Codependency Issues for Caregivers**	1:30pm-5:30pm	MT-2	Judy Bluhm, RN, M.A. Author, *"When You Face the Chemically Dependent Patient: A Practical Guide for Nurses"*
(This is a Community Development Class -4.5 C.E.U.s - $30.00 fee. Call (408)988-2200, X1590, to register in advance.)			
Tuesday, October 17 **Addictive Relationships: Origins in Drug or Alcohol Abuse?**	7pm-9pm	E1-603 Sociology	Mary Fletcher, M.A. Mission College, Faculty, Sociology Member of Student Assistance Program
Thursday, October 19 **Chemical Dependency in the Family**	9:30am-10:15am	W2-203 Psychology	Ann Stevenson, M.A., MFCC Private Practice Therapist, formerly of CDI
Thursday, October 19 **Alcohol, Drugs, and AIDS**	12pm-1pm	W3-301 Psychiatric Technician	Christopher Wilder, MPH Health Educator, AIDS Program Santa Clara County Health Dept.
Thursday, October 19 **Legal Aspects of Substance Abuse**	5pm-7pm	N2-501 Chemistry	Tom Mitchell, Sergeant, Los Gatos Police Dept., West Valley College, Faculty, Administration of Justice Program
Thursday, October 19 **A Story of Recovery**	7pm-8:30pm	W1-101 Health & Lifestyles	David B., Speaker on recovery from addiction
Friday, October 20 **Children: The Victims of Drug Abuse in the Family**	10am-11am	W2-203 Child Health Care, Growth & Development	Michael Hutchins, M.A., MFCC Therapist - CDI, Private Practice
Friday, October 20 **Eating Disorders: An Addictive Behavior**	12pm-12:20pm	HM-21 Diet In Health & Disease	Lynn Milgrom, O.T. Woodside Women's Hospital Redwood City
Saturday, October 21 **Understanding Co-Dependency and ACA's**	10am-5pm	Valley Med. Center - , Cafeteria	Sandra Kamiak, M.D. Psychiatrist in private practice
(This is a Community Development Class -Conference Room $2.00 fee) Call (408)988-2200, X1590 to register in advance.)			







AL-ANON WITH A FOCUS ON ADULT CHILDREN OF ALCOHOLICS

Has your life been affected by another person's drinking? You are welcome to come and participate in an anonymous AL-ANON WITH A FOCUS ON ADULT CHILDREN OF ALCOHOLICS beginners' 12 step meeting. Experienced facilitator will be available.

Wednesday, October 18 12pm-1pm Room N1-101 • Thursday, October 19 6pm-7pm Room N1-101

Bradshaw on: The Family

In this acclaimed series, noted author, counselor, and lecturer **John Bradshaw** presents a profound and compelling view of how dysfunctional families foster compulsive behavior. Focusing on family systems and how family rules and attitudes become encoded in each family member, Bradshaw offers insight as well as hope for remedying some of the most critical issues of our time.

Monday, October 16
4:30pm-5:30pm
The Family in Crisis
Gives an overview of what constitutes a family in crisis.

Monday, October 16
5:30pm-6:30pm
The Healthy Family
Examines how a healthy, functional family operates.

Tuesday, October 17
4:30pm-5:30pm
The Unhealthy Family
Analyzes the characteristics of the dysfunctional family.

Tuesday, October 17
5:30pm-6:30pm
The Compulsive Family
Explores how incorrect belief about the self leads to compulsive behavior, the core of all addictions.

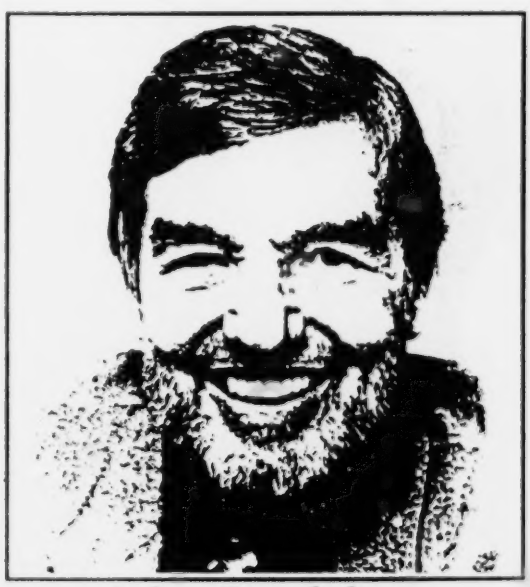
Wed., October 18
4:30pm-5:30pm
The Most Common Family Illness
Reveals America's most common and unrecognized addiction—co-dependency, the giving up of one's own wants and needs to live for other's wants and needs.

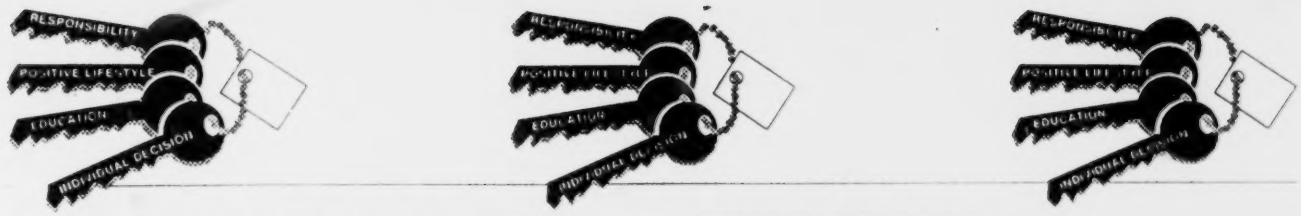
Wed., October 18
5:30pm-6:30pm
Help for the Family
Details the positive community resources available for helping families heal their wounds.

Thursday, October 19
4:30pm-5:30pm
Health for the Family
Shows how to overcome denial of problems, and how to intervene successfully to lead a family member or friend to help and health.

Thursday, October 19
5:30pm-6:30pm
Hope for the Family
Bradshaw defines hope as the power to heal ourselves—therefore the world.

All programs are approximately one hour video presentations which will be shown in the Mission College Main Lobby, Main Building.


John Bradshaw



COMMUNITY RESOURCES FOR HELP:

Adult Children of Alcoholics	415/695-2727
Al-Anon	408/379-1051
Alateen	408/379-1051
Alcoholics Anonymous	408/297-3555
Cocaine Anonymous	408/274-6015
Drug and Alcohol Bay Area Hotline	408/298-1344
Nar-anon	408/296-2474
(Bilingual-Spanish)	408/923-3897
	408/251-3576
Narcotics Anonymous	408/998-4200
Pathway Society-Outpatient	408/244-1834
PCP Prevention Network	408/729-DRUG
Santa Clara County Alcohol Services	408/299-6141
Santa Clara County Drug Abuse Services	408/683-4053
Suicide and Crisis	408/279-3312

BOOKS AVAILABLE:

Alcoholics Anonymous

Beyond Codependency by Melody Beattie

Codependent No More by Melody Beattie

1-800-COCAINE

Twelve Steps and Twelve Traditions

Dealing With Shame by John Bradshaw

Bibliography on Substance Abuse Related Books is available in the Mission College Library.

MISSION COLLEGE STUDENT ASSISTANCE PROGRAM

The Mission College Student Assistance Program provides confidential, professional, and voluntary assistance and support to students regarding personal problems that are adversely affecting their academic performance.

Assistance is given in particular to students with alcohol/drug problems. We recognize that related problems such as emotional problems, family difficulties, health/physical problems, financial and legal problems, and eating disorders may exist. Referrals will be made to appropriate community resources.

HOW THE STUDENT ASSISTANCE PROGRAM WORKS
STUDENT PROCEDURES FOR SEEKING INFORMATION/ASSISTANCE

Contact a Student Assistance Program Advisor directly for assistance by calling 988-2200, ext. 1718 or ext. 1779.

The advisor will discuss the situation with you and the referral source (if any) to assess and evaluate the problem.

The student and advisor will then outline a plan in regard to the problem. This plan may include a referral to the appropriate source of assistance such as: alcohol/drug treatment agencies, counseling centers, education and community programs and on-campus services.

The advisor and referral sources will provide any assistance and follow-up until completion of the recommended plan.

• ALCOHOLICS ANONYMOUS • ALATEEN/ALANON • JUST SAY NO FOUNDATION • MOTHERS AGAINST DRUNK DRIVERS • WOODSIDE WOMEN'S HOSPITAL, REDWOOD CITY • NATIONAL COUNCIL ON ALCOHOLISM, SAN JOSE • SANTA CLARA COUNTY HEALTH DEPARTMENT-ALCOHOL SERVICES • SANTA CLARA COUNTY HEALTH DEPARTMENT-DRUG ABUSE BUREAU • THE CENTER FOR LIVING WITH DYING • SUNNYVALE ELKS LODGE • PCP PREVENTION NETWORK OF ALUM ROCK COUNSELING CENTER •TRIAD • FUTURES FOUNDATION • COMADRES-WOMEN'S SERVICES • PATHWAY SOCIETY • PARKSIDE YOUTH PROGRAM • DRUG AWARENESS PROGRAM • CHEMICAL DEPENDENCY INSTITUTE, CAMPBELL • MISSION COLLEGE STUDENT ASSISTANCE PROGRAM • WEST VALLEY-MISSION COMMUNITY COLLEGE DISTRICT POLICE DEPARTMENT •

Business Sponsors: BANK OF SANTA CLARA • NORTHERN TELECOM/BNR
Supported in part by the Mission College Associated Student Body

For more information, please contact Rosalyn Chan, PHN, Student Health Center, 408/988-2200 x1718
Mission College/3000 Mission College Blvd./Santa Clara, CA 95054-1897

MISSION COLLEGE

Student Services

TO: Mission College Employees DATE: January 19, 1988

FROM: Dan Matarangas, Assistant Dean
Student Development

SUBJECT: Substance Abuse Prevention Project

Mission College has been working to develop a formalized approach to the problem of substance abuse. In this regard, a steering committee has been operating since last May in developing awareness as well as strategies. In collaboration with Foothill, De Anza, and West Valley Colleges, we have established a consortium for training.

During the four days from February 29 through March 3, 1988, ten people from each of the four campuses will be trained in substance abuse awareness for the purpose of being trainers as well as interveners. The planning committee will work with the training committee to develop a substance abuse program for 1988-89 academic year.

We are looking for faculty and staff volunteers to commit to this on-going activity. Your commitment will be to:

1. Participate in a four-day intensive substance abuse training program from February 29 through March 3, 1988. (Must attend all four days.)

2. Participate in monthly meetings (3 hours per month) to plan and advise about the substance abuse program.

3. Be responsible for conducting or assisting in a minimum of two substance abuse classes/programs per semester.

4. Be willing to serve as an intervener/referral/contact person for substance abuse.

Selection will be done by the steering committee.

==========

Please complete the following requested information for consideration. Return to Rosalyn Chan, PHN, Student Health Center, Room W1-303 (ext. 1718) by February 10, 1988.

_____Yes, I would like to be considered for Substance Abuse Prevention Training. I commit to train others at Mission upon completion.

_____ _____ _____
Name Extension Mailstop

_____full-time _____part-time

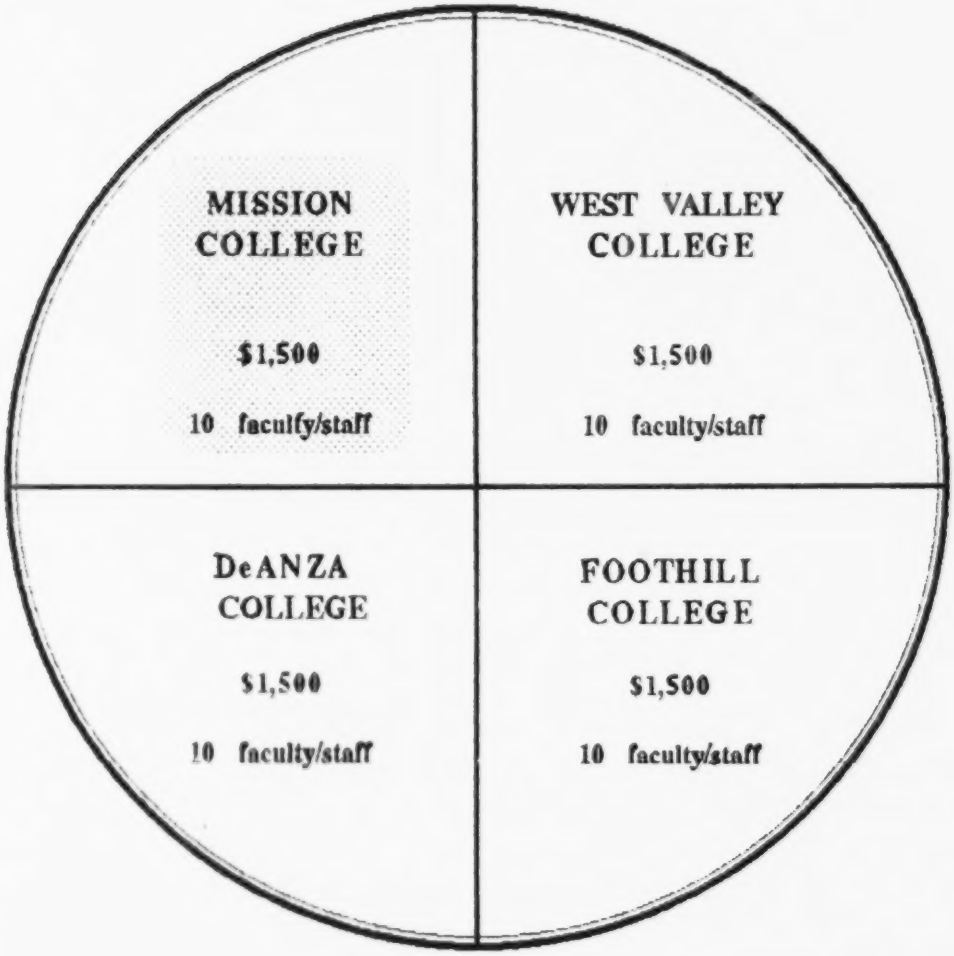
_____faculty _____classified

_____
Comments

_____

Substance Abuse Training Consortium

Four Day Workshop



ALCOHOL AND DRUG AWARENESS WEEK
Evaluation Form

PROGRAM NAME _____ Date _____

EVALUATOR _____
(Optional - Name of speaker/community resource agency)

INSTRUCTIONS: Please evaluate our program on the basis of the factors listed below. We are particularly interested in your comments concerning those program elements which you feel should have been within our control. Also, we would like to have your constructive suggestions for future improvements in our program. Please return this form as noted below.

- **PRE-PROGRAM DETAILS MAILED TO REPRESENTATIVES** (timeliness of mailing; completeness of arrival instructions and program details)

- **ARRIVAL ARRANGEMENTS** (parking availability and access to program area)

- **PHYSICAL ARRANGEMENTS** (program times; suitability of location and facilities, including student access to program area; adequacy of program set-up, i.e., tables, signs)

- **HOSPITALITY** (providing "creature comfort" services to representatives)

- **ATTENDANCE** (students, faculty, general public)

- **EVIDENCE OF STUDENT PREPARATION** (based on questions asked by students)

- **OVERALL PROGRAM RATING**

_____ Excellent _____ Good _____ Fair _____ Poor

- **RECOMMENDATIONS FOR FUTURE PROGRAMS**

We appreciate your input. Please hand to one of the following:

Rosalyn Chan or Student Assistance Program Member
Mission College
3000 Mission College Blvd.
Santa Clara, CA 95054

(408)988-2200, ext. 1718

ALCOHOL AND DRUG AWARENESS WEEK
OCTOBER 16 TO 21, 1989

WORKSHOP EVALUATION FORM

1. I thought the WORKSHOP was: _____

_____

_____

2. I would have liked more information on: _____

_____

_____

3. What do you feel are the weak areas? _____

_____

_____

4. What do you feel were the strong points of the program? _____

_____

_____

5. Suggestions to improve the program? _____

_____

_____

We appreciate your input.

Student Assistance Program
Student Health Center
Mission College
3000 Mission College Blvd.
Santa Clara, CA 95054
(408)988-2200, ext. 1718

ADVISOR _____

STUDENT ASSISTANCE PROGRAM
MISSION COLLEGE
TALLY SHEET OF VISITS & CONTACTS

DATE	student	staff	female	male	short visit < 30 min.	long visit > 30 min.	TYPE OF VISIT/CONTACTS (personal problem, alcohol, drug, family, physical abuse, financial, eating disorder, informational, etc.)	DISPOSITION/REFERRAL RESOURCE (eg. Referred to AA, ACA, Financial Aid, Health Center, County Mental Health, etc.)

ALCOHOL, DRUGS and RELATED CONCERNS.

WE CAN HELP!

RECEIVE INFORMATION and ENCOURAGEMENT
FREE, CONFIDENTIAL ONE-ON-ONE SESSIONS
AVAILABLE TO ALL MISSION COLLEGE STUDENTS

WE ARE HERE FOR YOU

ROSALYN CHAN
STUDENT HEALTH CENTER
Ext. 1718

MARY FLETCHER
SOCIOLOGY FACULTY
Ext. 1723 or 1620(message)

MARY MOORE
NURSING FACULTY
Ext. 1712 or 1530

DR. PHIL SIENNA
PHYSICAL EDUCATION
Ext. 1746

TAB MORALES
COUNSELING-EOPS
Ext.1551

JOYCE McCLELLAN
COUNSELING
Ext. 1779

DON CORDERO
COUNSELING
Ext. 1779

PAT IBISON
NURSING LAB
Ext. 1743

BETTY GRAYSON
NURSING FACULTY
Ext. 1699 or 1530

CAMILLE BAGOOD
COUNSELING
Ext. 1779

YOU CAN OVERCOME SUBSTANCE ABUSE and OTHER DIFFICULTIES THAT AFFECT YOUR LIFE!!

WE'RE JUST A PHONE CALL AWAY

IF YOU ARE NOT ABLE TO REACH THE LISTED NUMBER, PLEASE PHONE 988-2200 Ext. 1718 or 1779.

MISSION COLLEGE
STUDENT ASSISTANCE PROGRAM

S.A.P. Flyer/HC/F89

STUDENT ASSISTANCE PROGRAM
(ALCOHOL and DRUG PROBLEMS)
MISSION COLLEGE

FACT SHEET

WHAT? The ***Mission College Student Assistance Program*** provides confidential, professional, and voluntary assistance and support to students regarding personal problems that are adversely affecting their academic or athletic performance.

Assistance is given in particular to students with alcohol/drug problems. We recognize that related problems such as emotional problems, family difficulties, health/physical problems, financial and legal problems, and eating disorders may exist. Referrals will be made to appropriate community resources, as appropriate.

WHEN? Starting the Fall Semester, 1988, students may call ***(408) 988-2200 ext. 1779 Counseling) or ext. 1718 (Health Center)*** and ask for an Advisor in the Student Assistance Program. Specific individuals and their telephone extensions are listed on the back of this sheet.

WHERE? After telephone contact is made, a mutually agreed upon meeting place, ***on campus***, will be established for both student and Advisor.

WHO? Any ***registered student*** is eligible to receive assistance. Faculty may refer students to the Student Assistance Program or students may refer themselves.

WHY? According to the National Institute on Drug Abuse, the number of Americans using illegal drugs has grown from 4% to 33% in the last twenty years. ***Alcohol is America's #1 drug problem among college students.*** Alcohol is twice as popular among college students as the next leading drug, marijuana, and more than 5 times as popular as cocaine.

About 10,000 sixteen to twenty-four year olds are killed each year in alcohol related accidents, including drowning, suicides, violent injuries, homicides and injuries from fire.

Children of alcoholics have four times greater risk of developing alcoholism than children of non-alcoholics.

Alcoholism is a chronic, progressive and potentially fatal disease. It is sure to lead to psychological and physical dependency as well as damage to the body, often irreversible.

HOW DO YOU KNOW IF THERE IS A PROBLEM? ***Indicators*** which may signal problems are changes in 1) personality/emotional status, 2) social interaction/difficulty in intimate relationships, 3) motivation level, 4) health status/physical appearance.

WHY ARE WE DOING THIS? ***Because we care about our students.*** All visits are held in strictest confidence.

ERIC Clearinghouse for Junior Colleges

NOV 30 1990

September 1989
RC/Health Center